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The Orthodox Herald

Celebrating our 40th year

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EXORCISM

Recently there was a show on TV dealing with exorcism. This brought many questions. What is exorcism? Does the Orthodox Church have exorcism? What about the Church's position on astrology, demon possession, and various forms of black magic?

Exorcism is the practice of expelling demonic spirits or restraining the power of evil forces through set prayers. Unlike the Roman Catholic practice in which a complicated rite of exorcism exists which may be performed only by certain priests with episcopal permission, in the Orthodox Church, the practice is more diffuse and broad-based in the life of the Church.

There is nothing new in the recognition of evil as a fact of life, a force at work in the world and in individuals. In the Bible this force is personified as Satan or the Devil. The classic description of the Devil at work is the record of Jesus' temptation at the beginning of His ministry in Matt 4:1-11.

In the Church, Christ and His Apostles were the first to practice exorcism of evil powers. Jesus "called to Him His twelve disciples and gave them authority over unclean spirits, to cast them out (Matt 10:1, Luke 11:14-26). In Acts 16:18 and 19:11-20 St. Paul is described as conducting exorcisms.

It is a basic Christian conviction that evil truly exists and that it is important for individuals and groups to recognize its power, to see ourselves as real-life sinners as well as potential saints. But we also believe that God's power can overcome evil, and that He is able, ultimately, to make evil serve His purposes. This is the belief behind the words of St. Paul to the Romans (12:21): "Do not be overcome by evil but overcome evil with good."

Any Orthodox priest may offer prayers of exorcism. In order to ask for these prayers, one does not have to be or feel particularly "possessed," for the pressure of evil in our lives is unfortunately all too commonly expressed.

Continued on Page 9, Col. 3

True worth is in being, not seeming,—
In doing, each day that goes by,
Some little good — not in dreaming
Of great things to do by and by.

NO CHOICE

When Orthodox Christian people awake on Sunday morning they ought not to begin the day by debating the question of attendance at church. Our Lord, by example and teaching, gave us the need to worship God. He said in John 4:24: "God is spirit and his worshippers must worship in spirit and in truth." Other places in Scripture as well as teachings of the church tell us that worship is not a take-it-or-leave-it matter. To worship with other people in the church is **not optional but imperative,** and watching TV services is, except perhaps for "shut-ins," no substitute. We worship God not because we feel like it, but because He is God and worship is His due and our necessity. To worship the Lord is to celebrate His greatness and goodness.

It is hurtful to one's moral and spiritual life to live without a definite rule in this matter and to be merely governed by the temporary mood in which each Sunday happens to find you. We all have heard stories of parents who made their children go to church every Sunday, no matter their age, as long as they lived under their roof. So it should be now. The question of attending church should not be left as a perpetually open question but ought to be considered as settled.

Individual faithfulness not only strengthens the person but accounts largely towards the church's strength and growth. Regular attendance at public worship is the casting of personal influence on the side of religion and all that that word implies. On the other hand, habitual absence from church strikes a blow, even though it may be unintentional, at all that Jesus taught and at all that makes life beautiful and good.

WEEKEND

None of us is surprised by the statistics that 2½ million American men between the ages of 30 and 60 suffer heart attacks every year. But a heart statistic that does startle is that 76 percent of these attacks occur on weekends.

At a meeting we recently attended the person who gave us these statistics voiced a legitimate concern about the physical deterioration of the American male. He was a physical fitness person who berated those present for being soft and flabby. He was right.

But as one concerned about spiritual fitness, I was alarmed about the second statistic — the weekend heart attacks.

What were the men doing on weekends? Not many of our ancestors died of heart attacks on weekends. Most of them spent Sunday worshipping the Lord instead of slogging up ski slopes or mowing the lawn. Of course, even in the memory of some of our readers, the weekend consisted of one day and that was the Lord's Day — Voskreseniye (The Resurrection Day), Nedelya (Do not do or avoid work.) It was a day of R and R — not the initials for Rest and Recreation but for Rest and Religion!

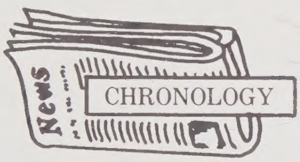
Certainly heart trouble is physical, but it can be a sickness of the soul. For too many American males, play has replaced Praise. Fun has taken the place of faith. Too many have given up God for games.

Of course, the speaker was right about most of us being in lousy shape. Our bodies need help. But so do our souls. And Scripture speaks truly when it says: "Bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come. This is a faithful saying and worthy of acceptance." (1 Tim 4:8, 9)

Our Sundays can either ruin our bodies or restore our souls. The choice is ours. Much depends on whether we make the Lord's Day His day or ours. He tells us in the 4th Commandment; "Remember the Sabbath day to keep it holy. Six days

Continued on Page 9, Col. 3

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Order "The Orthodox Herald" for your religious education class this fall. Ten copies going to one address from September through December — $10.

THE OLDEST GRADUATE of St. Tikhon's Seminary (1944) who is still active in parish work is Fr. John Govrusik of Central City, PA. He is not only pastor in Central City but is the Dean of the Altoona-Johnstown deanery. Fr. Nicholas Fedorchak, who graduated in 1946 who is pastor in Monongahela, PA, is the oldest American born priest still active in the church. He has served over 50 years: 5 years as choirmaster (Jermyn, PA) and 45 years as a priest (Monongahela, PA) in the OCA. Axios!

THE ORTHODOX CHRISTIAN ASSOCIATION OF MEDICINE, PSYCHOLOGY AND MEDICINE, has refined its national programs and structure. A national health center with a referral directory, a hotline, library, publications are all available. Call (617) 868-6557.

GOTELECOM has produced 68 television programs for national and international distribution. Affiliated with the Greek Orthodox Archdiocese it has been nominated for an Emmy Award for outstanding religious programming in 1990. Call (718) 626-5233.

A SHOW "Catherine the Great: Treasures of Imperial Russia" has opened at the Cook Convention Center in Memphis, TN. The show from the Hermitage in Leningrad is budgeted at $5.8 million.

FRANKY SCHAEFFER, on the cover of three national evangelical magazines in 1985, has accepted Orthodoxy at a Greek Orthodox Church in Mass. The 38-year-old Schaeffer, son of the Protestant thinker Francis Schaeffer, is a best-selling author, speaker and filmmaker whose audience has been evangelicals. He said: "Two years ago I began to bump into the Church Fathers (of the first centuries) and started down the road to Orthodoxy."

A CONTEMPLATIVE RETREAT will be held by the Eastern Orthodox Catechetical Association, August 18-23 at St. Paul's Retreat Center in Detroit. Write 2452 Meadowcroft Dr., Burton, MI 48519.

DEDICATED TO ENHANCED KNOWLEDGE of the faith, spiritual growth and evangelization, a Fellowship open to all Orthodox Christians has been founded to have a common discipline of daily prayer, fasting, intercession and study. Write: The Fellowship of St. Philip, 5 Alandale Pkwy, Norwood, MA 02062.

The late Mother Alexandra visited Romania prior to her death recently. She said: "There is such a thirst for knowledge (about God) among the Romanian people now that all religious sects are rushing into the country to evangelize. For example, when Krishna disciples recently came to Bucharest, the students jammed the stadium. Protestants of every denomination are coming into the country with money: they feed the people, take care of them, give them Bibles and prayer books. We must counter this onslaught with Orthodox Bibles, prayer books, and icons. The books and icons available to them now are of poor quality, and new ones cannot be printed because of lack of paper and ink."

A SERIES OF RUSSIAN-CANADIAN COOKBOOKS is being released by The Pushkin Cultural Centre, 89 Stonehurst Ave., Ottawa, K1Y 4R6, Ontario, Canada. One book each month at $4.95 or the full set of 12 for $50.

TRAVELING OVERSEAS? Get information concerning civil unrest, natural disasters or outbreaks of disease by calling (202) 647-5225, The State Dept.'s Citizens Emergency Center will give authoritative info about possible trouble spots.

VETERANS can have their questions answered about government insurance by calling 1-800-669-8477.

$200,000 worth of medical supplies were collected by the Ukrainian Orthodox League and sent to the Ukraine to help in the care of Chernobyl victims. Spearheading the drive were Drs. Gayle Woloschak and Claudia Libertin.

THE WORLD COUNCIL OF CHURCHES met in Canberra, Australia, recently. The Orthodox were concerned about the direction the Council is taking and released a statement which suggested that the Council has strayed from its fundamental goal of creating church unity and from its basic constitutional framework which says that it is "a fellowship of churches which confess the Lord Jesus Christ as God and Saviour according to the Scriptures." It is possible that the Orthodox may leave the Council. This will be discussed at an all Orthodox World Council, which is to be held in Egypt within the next year.

GLORIA INCENSE is again available. Order from Annunciation Retreat Center, P.O. Box 762, Tuxedo Park, NY 10987.

MUSICA RUSSICA, 3394 Monarch Lane, Annandale, VA 22003 is doing much commendable work for the preservation of Russian Orthodox Church music. They will take any of your handwritten music and put it into readable form. Also made available recently is the first book of music in the Monuments of Russian Sacred Music.

Never let yesterday use up too much of today.

MISSION FUND

We cannot all be missionaries but we certainly can help them in their work. One way is by furnishing religious literature for them to use in their work. **The Orthodox Herald** is being sent from this fund with help from Julia and Michael Prokopchak, Helen Pappas, Helen Magyari, Olga Dzendzel, Dorothy Laskovich, Mary Arndt, Anonymous (2).

FATHER'S DAY (JUNE 16)

Some time ago Paul Harvey wrote an article "I Am Going To Stay a Father." We quote bits of it here.

At a time when being a buddy to one's son is popular, I am going to stay a father.

If a gap exists between my sons and daughters and myself, I am going to work hard to understand. But I am also going to work hard to be understood.

When they tell it like it is, I will listen, even if I like it better like it was. If old-fashioned things as prayer, Bible study, worship and faith in God ever seem to my children to be out of it, square or whatever — I trust God's help to have faith enough to yet pray for them, and I pledge with Job, to offer up additional sacrifices for them.

With love in our home I will answer their questions about the facts of life, but at nudeness and lewdness I refuse to wink. Drinking and smoking are as out of place and unwanted in my home as profanity or the plague. And if experimentation with drugs or marijuana is ever a problem, it will be in violation of my every prayer and request. No laissez faire attitude will be accepted here — even if the weed is legalized and social "tipping" becomes as acceptable as social drinking.

Others may look to the under 30 crowd for the wisdom to throw away the past and to say what will remain for future generations; others may let the offspring in the house determine the foods, the music, and the spending of the household, but I am going to stay a father.

A LETTER FROM A FRIEND

Timothy was in need of encouragement from a friend. He was depressed partially because of the approaching death of his friend St. Paul (2 Tim 4:6) and partially at the prospect of troubles he knew that were coming. (2 Tim 3:12 and 4:3) St. Paul wrote to him to help him by instructing him on how to handle the persecution from the secular authorities and the dissension and deception from within the church. He urges the young Timothy to overcome his natural timidity and to continue to boldly proclaim the gospel. He counsels him: "God has not given us the spirit of fear; but of power, and of love, and of a sound mind." (2 Tim 1:7)

Your fears can also be healed by this text. It tells us first that fear is overcome by power. What power? There is only one force more powerful than fear, and that is faith. When fear comes to your mind, counter it with an affirmation of faith.

Second, love overcomes fear. By love is meant trust, confidence, complete dependence upon God. Practice this attitude and fear will diminish.

The third element is to attain a sound mind in which there are no complexes, quirks, and obsessions. Live with the thought of God and you will develop a sound mind where no shadowy fear can lurk.

Whenever you are afraid, verbalize against the thing you fear, using the advice of St. Paul to Timothy: "God has not given us the spirit of fear; but of power, and of love, and of a sound mind."

TCHAIKOVSKY

One hundred years ago on April 26, 1891, Tchaikovsky came to New York to take part in the festival, which opened Music Hall, which Carnegie Hall was called at that time. To acknowledge this centennial, a museum has been opened which contains memorabilia of this visit. The Tchaikovsky documents are arranged in chronological order, from the composer's arrival here a hundred years ago when he was 51 years old to the title page of his Sixth Symphony, his last work, which he wrote in 1893 after he returned to Russia.

Included in the exhibit are the scores he conducted during the opening. They are interesting as he was a doodler and drew geometric figures or human heads on them. Also shown are his diaries, which show that he was concerned about the drinking water in New York and his view on the height of the buildings, wondering how anyone could possibly live on the 13th floor. He wrote about discovering a new instrument, the celesta, which is a cross between the piano and the glockenspiel, and was afraid that Rimsky-Korsakov or Glazunov might discover it and use it before he did in a score.

The exhibit will be open until June 30. Call (212) 247-7800 for information as to hours it can be seen. **Admission is free.**

Of course, Russian Orthodox are familiar with some of the music which Tchaikovsky, as well as Rimsky-Korsakov and Glazunov, wrote for use in the church. **The Divine Liturgy Liturgical Music** book, compiled by Fr. Vladimir Soroka, contains some compositions of the first two.

VALUES

The gradual lowering of moral standards was probably the forerunner of many of the current problems we are facing. It naturally followed that the fewer disciplinary measures which were enforced, the lower the standards dropped.

The longest journey starts with a single step. The deterioration of a country, an institution or an individual starts when the general level of thought begins to decline. This happens so gradually it is scarcely noticed.

An unfailing indication that degeneracy is gaining a foothold is evident when one is no longer easily shocked. An example is the use of language that at one time would have been repulsive. Virtually all words become acceptable, and it isn't long before even the most prudish become immune. Pornographic books, movies and TV shows inevitably follow and become an acceptable part of our culture.

Each of us must take responsibility for the quality of life in our family, and in the community in which we live. When we fail to take a stand and permissively allow perverse forces to infiltrate our surroundings we must take responsibility for this. It is within our power to raise the level of consciousness and not remain silent because we are ashamed to be called old-fashioned, or religious nuts.

•Weekend

Continued from Page 7

shall you labor and do all your work; but the 7th day is the Sabbath of the Lord thy God."

God in His wisdom knew that we need a day of rest — to relieve stress and bodily weariness. Heart figures are not the only indication that our weekends are not being spent wisely and according to the instruction of Our God.

•Exorcism

Continued from Page 7

But for most of those with a living faith the regular practice of prayer, fasting and worship is a form of exorcism. This is the way of overcoming evil thoughts and desires by opening hearts to God's healing and cleansing love.

The best answer for those who are being lured into a frenzy and hysteria by the exploitation of the occult now going on is to re-discover for themselves the deep and time-tested insights of the Christian faith concerning the mystery of evil.

Dabs of Thoughts

Share everything with your brother. Do not say: "It is private property!" If you share what is everlasting, you should be that much more willing to share things that do not last. (Didache)

The angels suffered most from the transfer from religious to secular art. More and more, they became mere decoration and embellishment, and less and less did they resemble the descriptions of them found in the Scriptures. The proper representation of Christ, His Mother, the angels and saints is only possible when the painter abides by the canons and Holy Tradition of iconography.

The only people with whom you should try to get even are those who have helped you.

"Thou shall love the Lord your God with your whole heart, with your whole soul, and with your whole mind." This commandment was given to us by God, and He would not command the impossible. Love is a fruit which is in season at all times and within the reach of every hand. Anyone may gather it and no limit is set on the amount. Everyone can reach this love through worship, meditation, spirit of prayer and sacrifice all help form an intense spiritual inner life.

We hear more and more the need for tithing. Many scoff at the idea and often give the reason that it is not Orthodox in tradition. But we learned that St. Vladimir built an imposing church in the year 991, which was dedicated in honor of the Dormition of the Mother of God. However, the church was known as the church of the Tithes because one tenth of the state income was given to cover the cost of its construction. It was the first stone church built and was an imposing edifice rich in marble, tiles, mosaics and frescoes. It stood until 1240 when it collapsed from the weight of the people who sought refuge in it during the Batu Khan invasion. It was recorded that every tower, balcony, choir loft and floor space was jammed with people. Another church was built on the same spot in the 17th century by Metropolitan Peter Mogila. It stood until 1824. Later another church was built on the same spot.

Nearly everyone is in favor of going to heaven, but too many are hoping to live long enough to see an easing of entrance requirements.

QUESTION

Q. I donated a Book of Gospels to our church. The priest informed me that he cannot place or use it on the altar until the leather cover is removed and a metal cover put on it. Why?

A. The reason why the leather cover must be removed is that no animal products are allowed on the altar. The metal binding is not plain but has certain representations engraved on it. In the middle of the front there is Christ (usually at the Resurrection), while on the four corners we can see depicted the four evangelists who wrote the New Testament. These are depicted with their respective symbols, i.e. signs which allude to the contents of the book which they wrote. With Apostle Matthew we see the face of a man or an angel because St. Matthew describes Jesus Christ principally as the Son of Man, the descendent of Abraham, as the Messiah which Israel awaited as was promised by the prophets of the Old Testament.

St. Mark, on the other hand, represented Christ as "Sent of God" and possessed of almighty power — the King of all men. We see Mark's symbol as the lion, the mighty king of beasts.

St. Luke, represented Christ as the Saviour of all mankind, who offered Himself as a sacrifice for the sins of men. We see the symbol here of a bull, the animal which the Jews used to sacrifice.

St. John has given us more fully than the other apostles the lofty doctrine of Christ as the Son of God. He is associated with the eagle, the bird which soars high and fixes its gaze on the Sun.

The metal covers are attached to a wooden frame. The bottom of the cover has an ikon of the crucifixion engraved on it. The four corners have small knobs attached which slightly elevate the gospel when it is placed on the altar over the antimins. The metal is usually silver or gold.

Some covers are made of glazed porcelain or china with multi-colored ikons.

The gospel is truly venerated and valued as the Word of God and respect and love is shown for it contains the good news of eternal salvation.

CHUCKLE

A priest awakened one morning trying to remember what he had eaten as a snack the evening before because he had this dream. In the dream he received a letter from his bishop informing him that only persons baptized in odd-numbered years should be allowed to attend church on the first and third Sundays of the month. Only those baptized in the even-numbered years may attend church on the second and fourth Sundays. The Fifth Sunday was to be reserved for those who were facing emergencies.

And in his dream he saw that immediately, lines began forming in front of the church an hour before the doors would be opened. He was hounded by requests to open the church secretly, at odd hours, for those who had been coming regularly prior to the order. People came to him claiming all sorts of emergencies, things that never had been considered emergencies before. And every time the church was opened, it was overflowing with the lucky ones, the ones who managed to get in.

But then he woke up. He suddenly became alert and realized that it was only a dream, but parts of it were very nice while it lasted.

PRESS FUND

This is the 469 issue which has been published. It would not have been possible for us to reach this number without the help of all who have contributed to the Press Fund. We send a big Russian Spasebo — Thank You to all of you and ask God to look with kindness upon you for helping spread His Word. Anita Poll, Helen Warhol, Alexandra Spanovic, Helen Cudlic, Ruth Morris, Anonymous (8), Carl and Barb Haywood, Ellen Katchur, Alex Lezinsky, Dorothy Laskovich, Dorothy Burochonock, Julia and Michael Prokopchak, Helen Magyari, Olga Dzendzel, Alexie Mikhail Fedec, Anna P. Kosct, Irene Allen, Olga Peck, Sophie Simerick. Albert Hopay in memory of his only sister Anne Ankrom, who died in October 1989. Mary Lizak in memory of her husband Steve. Velma Bova in memory of her parents Andy and Petrinia Gernat. Aunt Anna Glovach in memory of Barran and Glovach families. Rose Pilat in memory of her husband Michael. Walter Zachary in memory of his parents Peter and Alexandra and his brother Jon. Margaret Danko in memory of her parents Michael and Mary. Mary Neddoff in memory of her parents Mary and John McCobin, Sr. Leda Schmidt in gratitude for our 40 years of publishing. Father and Matushka Stroyen in thankfulness of restoration of health of nephew John Hromyk.



EDITORIAL

You may well ask, are there really books banned in America? To our knowledge there is only one book which is banned from all public schools in America, although once it was in every classroom on the teachers' desks and read daily to the students.

Only one book is hated and feared by humanists, communists, and other atheistic groups. They claim that it is only a book full of myths and legends, but they cannot tolerate it and work to have it eliminated from our educational system.

Why?

If they say that the Bible is full of errors, contradictions, superstitions, folklore and mythology and is only a man-made book of legends, why cannot they leave it alone? Why the need to work so hard to discredit it?

The enemies of God's Word will be judged by the Word which they rejected, despised and hated. Those who accept it and love it will be saved by it.

Since the Bible is banned from the school as are all references to God, Christ, Ten Commandments, etc., we have a big task placed upon us to strengthen our own knowledge of what is written in the Word and especially to teach our young ones about it.

Fr. Stroyen, Ph.D.
Protopresbyter

ST. EUSEBIUS OF SAMOSATA
JUNE 22/JULY 5

St. Eusebius was the bishop of Samosata, a city on the Euphrates River about 75 miles northwest of Edessa. Samosata was in the diocese of Antioch. When many think of Eusebius it is usually the Eusebius (260-340) who is known as the Father of Church History who baptized Constantine on his death bed.

There is not much known about the early life of St. Eusebius of Samosata, even the date of his consecration is unknown. We first start learning about him when he attended a Synod at Antioch in 341 to select a successor to Patriarch Eudoxus. He helped in electing the venerable Meletius, who was then Bishop of Sebaste, as the Patriarch of Antioch.

At this time, there was much strife in the Church concerning the true nature of Christ. The Arians held to the heresy that Christ was not the eternal Son of God but that He was created by the Father from nothing. Under the assumption that Meletius would either side with their position or not oppose it, the Arians supported his selection. To their surprise, even before his election was confirmed, Meletius expounded the Orthodox position on the divinity of Christ.

This upset the Emperor Constantius, who was an Arian, and he demanded the minutes of the meeting from Eusebius, who had been the record keeper (secretary). Eusebius refused to give him the minutes unless he received authorization from all those who had signed for he knew that they would be punished by the Emperor. When he refused the Emperor threatened to cut off his right hand. Then St. Eusebius put out his left hand and quoted from Matthew 5:30 that it was better to go through life maimed rather than to suffer hell's fires for defending evil. The Emperor retracted his threat and Meletius was confirmed as the Patriarch of Antioch.

Eusebius, who was very outspoken against the Arians, attended a number of the Syrian Councils throughout 361-363; in fact, he was so outspoken that he shocked many of his Orthodox colleagues. In 363, he ceased attending the councils but reappeared at the council in 370 when through his influence St. Basil the Great was elected Bishop of Caesarea in Cappadocia.

Eusebius had been a friend of both Basil and Gregory of Nyssa prior to their election to the episcopate. Because of Eusebius's opposition to the Arians, Gregory referred to him as a "Pillar of Truth." Actually what valid information exists about the saint comes from the more than thirty letters sent by Basil and Gregory to "The Pillar" and constitute some of the best records on the early development of the Orthodox faith. Many are letters of appreciation or personal letters discussing health problems, travel problems or difficulties within the diocese which also give details of Eusebius's continued fight with the Arians in Syria and Asia Minor.

Eusebius continued to raise the animosity of Arians through his support to the persecuted Orthodox priests throughout Syria. Finally in 374, the Emperor Valens exiled him to Thrace in Eastern Greece. When informed of the exile, the saint silently slipped across the Euphrates River but was followed the next day by the faithful of his diocese. Because he desired that they not be persecuted, he asked them to return to their homes and obey the Emperor. Letters were exchanged between Eusebius, Gregory and Basil during the exile; however, many were intercepted by the Arians and were destroyed. Upon Valens death in 378, Eusebius was restored to his episcopate, but his zeal for the persecuted led him into continued conflicts with the Arians and during a visit to Dalihha at the end of 378, he was fatally struck by a tile thrown from a roof by an Arian woman. He died a few days later after extracting a pledge from his followers that the woman would not be harmed. His body was taken to his home in Samosata. His relics were later transferred to Constantinople.

St. Eusebius's whole life was spent in defending the belief that Jesus Christ was the Son of God. We recite this in the Creed: "And I believe ... in one Lord Jesus Christ, the Son of God, the Only-begotten, begotten of the Father before all ages. Light of Light, True God of True God; Begotten, not made; of one essence with the Father..." It would be good to think about these words as we reflect upon the life of St. Eusebius.

Larry R. Sherman, Ph.D.

CHUCKLE

This letter was sent to a company manufacturing aspirins.

Gentlemen:

You manufacture aspirins that relieve suffering, colds and fevers. The mixture you use in your tablets makes its possible for people to get out of bed and fight off headaches, muscle spasms, pain and bad nerves.

I have noticed that the tablets work wonders during the week and especially well on Saturdays but if taken on Sundays they seem to give no relief. Those taking them cannot get rid of their headaches or pains and are not able to attend church. They do seem to work on Sunday afternoon, however.

Would it be possible for you to examine your formula for the tablets and put in an ingredient that will work on Sunday morning?



Now that more and more people are becoming vegetarians to various degrees, ethnic recipes are becoming more popular. Among these are foods from the homelands of our ancestors. They used little meat, not because it was considered unhealthy, but they simply didn't have it. Meat was therefore used more for flavoring dishes rather than to eat alone as we do steak and pork chops today. Pork with sauerkraut was especially prepared in varying ways. The recipe I give you is an interesting one to make for your family or to take to a family or neighborhood cookout. It is better tasting as days go. It is better reheated, so it can be made ahead of time. This recipe is traditional with those who have ancestors from either side of the Carpathian Mountains.

PORK WITH SAUERKRAUT

3 medium onions, chopped
2 Tbls. shortening
1½ lbs. pork, cubed
1½ tsp. paprika
½ tsp. caraway seeds, optional
5 Tbls. tomato paste
¼ to ½ cup water
2 medium potatoes (raw) grated
1 lb. sauerkraut
½ pt. sour cream

Saute onion lightly in heavy large pot. Add pork and cook until light brown. Add paprika, caraway seed, tomato paste and ¼ cup water. Cover and simmer over low heat for 30 min. adding more water if needed. Drain sauerkraut, save juice. Wash kraut and add to pot. Add potatoes. Cover and continue to simmer for another hour. Taste, add some or all of reserved juice as you like. During cooking add more water whenever needed. Add sour cream just before serving.

Variations: 1. Use catsup instead of tomato paste. Add more if you like.

2. Add bits of other cooked meat during last half hour of cooking.

3. This is good on hot dogs in the bun if the sour cream is omitted.

4. This is a recipe given to me where the cook said, use "Shto my ethe nah vash taste."



JUNE 1991

1. Rom 1:7-12
2. Heb 11:33-12:2 **Sunday**
3. Rom 2:28-3:18
4. 4:4-12
5. 4:13-25
6. 5:10-16
7. 5:17-6:2
8. 3:19-26
9. 2:10-16 **Sunday**
10. 7:1-13
11. 7:14-8:2
12. 8:2-13
13. 8:22-27
14. 9:6-19
15. 3:28-4:3
16. 5:1-10 **Sunday**
17. 9:18-33
18. 10:11-11:2
19. 11:2-12
20. 11:13-24
21. 11:25-36
22. 6:11-17
23. 6:18-23 **Sunday**
24. 12:4-5, 15-21
25. 14:9-18
26. 15:7-16
27. 15:17-29
28. 16:1-16
29. 8:14-21
30. 10:1-10 **Sunday**

NOTE: **Apostles** Fast begins 3 June ends 29 June/12 July

BIBLE STUDY

During these trying times, more than ever before, we need to respond to love to the One Who is eager to give us peace and calm even in the midst of turmoil. Such faith in God and love for Him is vital to each of us.

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An elderly man was asked: "What do you do when the worldly forces around you give you a hard time?"

"I keep on believing what I read in St. Paul's letter to Romans (8:28) - 'We know that all things work together for good to them that love God ... who are called according to His purpose.'"

The Apostle Paul, who wrote the words, was a man of action and experience. In essence, he told the Roman church he believed that whatever happened to him, so long as he was motivated by God's love, worked for his ultimate good. Scriptural records show that he never lost that vital faith in a loving Heavenly Father.

Often trouble coming into the life of a Christian has a way of tempering his faith and strengthening his character. Almost without exception, the people whom we turn to in times of sorrow and adversity are those who have been through the mill of suffering. They can help us see our troubles as they are and how to relate to them, whether they are mountains or molehills.

We shall never be our best until, with God's help, we scale our mountains of difficulty. If our faith is strong, from out of the gloom we will hear our Lord say: "Be of good cheer; it is I, be not afraid." (Matt 14:27), and our heavy spirit will be lightened.

Trouble can teach us more about God's love and power than any other experience in life. It is easy to forget God when drifting along in a fool's paradise under bright skies and a bright sun. That's why many people pray only when trouble comes and they don't know who else to turn to. It is then, in desperation, that they seek God's help.

Many of us have been in that situation. We have learned that out of desperate need we gain our greatest insight into the love of God and His plan and purpose for our lives. Then we know that our real strength lies in Him alone.

With Peter, we say: "Lord, to whom (else) shall we go?" (John 6:68)

ALASKA FUND

Copies of "The Herald" go to missions and missionaries in Alaska to help readers keep informed and to learn about the Orthodox faith. Helping to send copies are: Olga Dzendzel, Anonymous (4), Helen Magyari, Julia and Michael Prokopchak, Dorothy P. Laskovich. Helen Kozak in memory of her parents Sergey and Agafia, her brother John, and her brother-in-law Walter.